

JIM AND JOANN FONTENO SENIOR EDUCATION CENTER



November Event Calendar

Monday – Friday

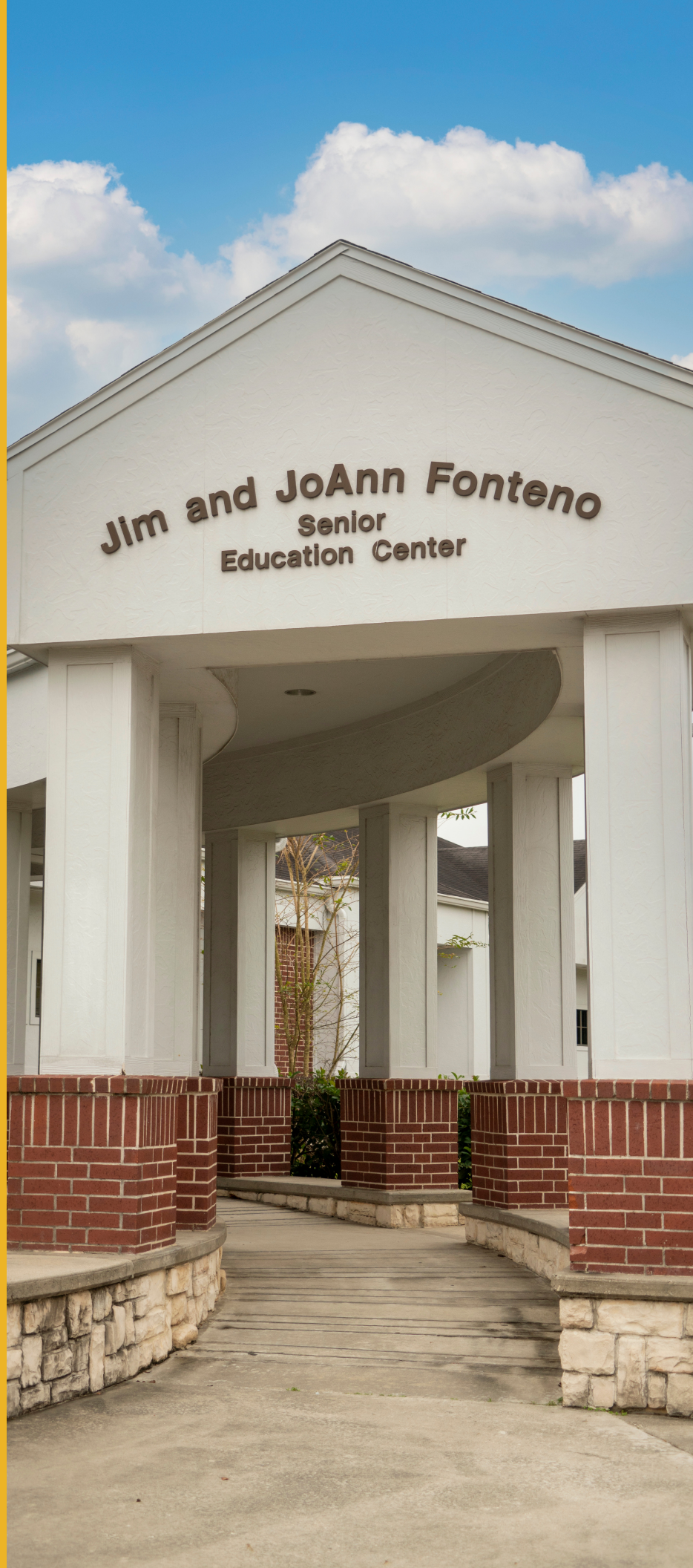
7:30 a.m. – 4 p.m.

713-274-3305

6600 Bissonnet Street

Houston, 77074

hcp4.net/fonteno



MONDAY

11 a.m. – noon – Senior Boot Camp
"Fitness is Ageless"

TUESDAY

11 a.m. – Sudoku
Noon – 1 p.m. – Gyrokinesis

WEDNESDAY

1 p.m. – 2 p.m. – Laughter Yoga
1 p.m. – 2:30 p.m. – Calligraphy Class
(First and third Wednesday)
1 p.m. – 2:30 p.m. – Hyperdoodle (Second
Wednesday)

THURSDAY

10 a.m. – noon – Chess Club
11 a.m. – noon – Senior Boot Camp
"Fitness is Ageless"
1 p.m. – 2 p.m. – Intermediate French
2 p.m. – 3 p.m. – French for Beginners

FRIDAY

9 a.m. – 10 a.m. – Tai Chi Class
10 a.m. – 10:45 a.m. – Health Qigong
11 a.m. – noon – Senior Boot Camp
"Fitness is Ageless"
Noon – 1 p.m. – Zumba
1 p.m. – 2 p.m. – Yoga and Pilates
(Friday, Nov. 17).



Ongoing Programs

SENIOR BOOT CAMP: "FITNESS IS AGELESS"

Mondays, Thursdays, and Fridays, at 11 a.m.

This class provides fun and engaging total body workout sessions for all fitness levels, focusing on strength, muscle building, and improved stamina.

SUDOKU

Tuesdays, at 11 a.m.

Sudoku is a game of logic, problem-solving, and spotting patterns. It's a true "brain game" that helps stimulate cognitive abilities and gives the satisfaction of accomplishing a difficult puzzle. Sudoku has become wildly popular all over the world with people of all ages. Registration is required.

GYROKINESIS

Tuesdays at noon

Gyrokinesis and Gyrotonics work the joints and muscles through rhythmic breathing and undulating movement. This new way of motion helps heal the body, decreases stress, heals pain, and improves circulation. The trainer is qualified to practice therapeutic applications for the hip and knees, pelvis, shoulder girdle, cervical spine, and pre/post-hip replacement therapy.

LAUGHTER YOGA

Wednesdays, at 1 p.m.

Laughter is positive energy that improves health and mood and encourages the body to fight disease. It also increases blood circulation, relaxes the muscles, and is a powerful antidote for depression and stress.

CHESS CLUB

Thursdays, at 10 a.m.

Join the chess challenge and sharpen your skills. Find a worthy opponent and have fun.



INTERMEDIATE FRENCH COURSE

Thursdays, at 1 p.m.

Ready to further your knowledge of the French language? Join volunteer instructor, Martha Alain, in this 10-week course from Sept. 21 – Nov. 16. Space is limited. Registration is required. The new session begins in January 2024.

Ongoing Programs

BEGINNER FRENCH COURSE

Thursdays at 2 p.m.

Learn French from volunteer instructor, Martha Alain, who will provide an introduction to French grammar and vocabulary in this 10-week course from Sept. 21 - Nov. 16. Space is limited. Registration is required. New session begins January 2024.

HEALTH QIGONG

Fridays, at 9 a.m.

Learn the gentle movements and stretching exercises of Health Qigong. Using a calm mind and deep, slow breathing, you will learn to improve body balance and strengthen your muscles. Class will be video led following Tai Chi Class.

TAI CHI

Fridays, at 10 a.m.

Tai Chi is a type of Chinese martial art focusing on mental and spiritual aspects integrated into movement. Join a Tai Chi instructor and other students to practice low-impact, relaxing exercises.

ZUMBA

Fridays, at noon

Shake it up with Zumba! A total body dance workout combining all elements of fitness. Join volunteer instructor, Audrey, to work on cardio, muscle toning, balance, and flexibility. Boost your energy with the right rhythm for the day!

YOGA AND PILATES

Friday, Nov. 17, at 1 p.m.

Enjoy the best of both yoga and Pilates with this combo class. Volunteer instructor, Audrey, will show you how to modify movements to suit your body. Bring a yoga mat. Registration is required.

Ongoing Programs

IPHONE AND IPAD CLASS

Wednesday, Nov. 1, 10 a.m.

Join a technology guru in an informal and interactive hands-on session to learn the basic functions of your iPhone/iPad. Please bring your fully charged and updated iPhone/iPad to class. Registration is required.

YOUR HEALTH MATTERS SERIES "EAT MORE FRUITS AND VEGETABLES"

Wednesday, Nov. 1, 11 a. m.

Join a speaker from MD Anderson Cancer Center to learn the benefits of a plant-based diet, and tips and tools to help you eat more fruits and vegetables.

This is the second class of a four-part series. Class is limited. Registration required.



CALLIGRAPHY FOR BEGINNERS

Wednesday, Nov. 1 and 15, 1 – 2:30 p.m.

"Calligraphy" in Greek means "beautiful writing." In this class, led by volunteer instructor Judi, students are provided with time and materials to practice various styles, starting with a simple monoline font and progressing to chisel-point italic styles, over a number of months. No experience is needed. All materials are provided. Registration is required.

TEXERCISE

Thursday, Nov. 2 – Tuesday, Dec. 19, 10 a.m.

Join a representative from Baker Ripley, in this series intended to improve participants' knowledge about the value of physical activity and nutrition, and increase participants' confidence in their ability to make healthier choices related to physical activity, healthy eating, and other healthy behaviors. Sessions will take place twice a week on Tuesdays and Thursdays for 10 weeks. Registration is required.

November Special Events

CONSUMER RIGHTS

Thursday, Nov. 2, 1 p.m.

Join a volunteer speaker from the Houston Bar Association to learn some of the practices that are false, deceptive, or misleading and how to have a better understanding of your rights as a consumer. Registration required.

PICASSO: EGO & GENIUS

Friday, Nov. 3, 1:30 p.m.

Pablo Picasso was known for his oversized ego but perhaps that flaw contributed to his genius in creating new art forms. Art experts have divided his work into various periods that often were related to specific events in his life. This presentation by the Museum of Fine Arts Houston will introduce you to view Picasso in a much different way. Registration is required.

DO'S AND DON'TS OF OPEN ENROLLMENT

Monday, Nov. 6, 10 a.m.

This presentation, by a speaker from the Senior Medicare Patrol (SMP), is focused on the rules for agents and brokers during Medicare Open Enrollment. Know your rights as a beneficiary and ensure that you are using a trusted agent or broker to find your plan by hearing what they can and cannot do during Open Enrollment. Registration required.

WHAT IS RESILIENCE AND WHY IS IT IMPORTANT?

Monday, Nov. 6, 1 p.m.

When something does not go as expected do you tend to bounce back, or do you have a tendency to fall apart? There are many ways to build resilience when faced with unexpected adversities. Join a volunteer speaker from Memorial Hermann Hospital to learn more on this topic. Registration required.

MODERN ART: AN IRREVERENT, YET INFORMATIVE, LOOK AT THE CONTEMPORARY ART SCENE

Tuesday, Nov. 7, 1:30 p.m.

Join a speaker from the Museum of Fine Arts, Houston, and learn about art and its evolution through the years. If you love it, hate it, or even if you are confused by it, you won't want to miss this talk which covers periods from the mid-19th century to today. Registration required.

YOUR HEALTH MATTERS SERIES "LIVE AN ACTIVE LIFESTYLE"

Wednesday, Nov. 8, 11 a.m.

Being physically active can help you maintain a healthy weight and reduce your cancer risk. Join a speaker from MD Anderson Cancer Center to learn the benefits of physical activity, and how to get more activity into your day. This is the second class of a four-part series. Class is limited. Registration required.

HYPERDOODLE

Wednesday, Nov. 8, 1 p.m.

Join Judi for Hyperdoodle! This class is a great way to de-stress, relax, and have fun while creating art using colored pencils. Supplies will be provided. Registration is required.

TASTE OF AFRICAN HERITAGE SERIES "AFRICAN HERITAGE DIET & SPICES"

Thursday, Nov. 9, 1 p.m.

Whether we look to Virginia or Jamaica, Nigeria or Brazil – we find a simple pattern of sharing culinary histories, with distinct foods from each region. Join a volunteer nutritionist from Prairie View A&M University on this interesting "Taste of African Heritage" Series. This is a six-part lesson plan designed to bring the African Heritage Diet Pyramid to life. Registration is required.

CLASSIC CINEMA

Fridays, Nov. 10 and 17, 11:30 a.m.

Do you enjoy the classic movies of years past? Bring a friend and join us every other week to see a featured film! Feel free to bring a light snack or lunch.

Registration is required.

KNOW ABOUT PARKINSON'S DISEASE

Friday, Nov. 10, 1:30 p.m.

Join a volunteer from the Houston Area Parkinson Society. The presentation will cover the reasons for Parkinson's Disease, the causes, how it is diagnosed, and management options. Registration is required.

FINDING LEGAL FORMS ONLINE

Monday, Nov. 13, 10 a.m.

The Harris County Robert W. Hainsworth Law Library is a source of legal information for many residents who cannot afford legal representation. This presentation will assist participants in learning how to locate legal forms and information pertaining to civil and family law cases. Registration is required.

ALZHEIMER'S UPDATE!

Monday, Nov. 13, 1 p.m.

Join a volunteer speaker from the Alzheimer's Association, to find out the latest news on the research of this disease, and how we can better recognize and manage its symptoms. Registration is required.

HEALTHY SLEEP

Tuesday, Nov. 14, 1 p.m.

Join a volunteer speaker from Methodist Hospital to discuss sleep cycles, and how restful sleep and sleep deprivation impact our health. Learn strategies for getting the sleep we need for physical and mental health. Registration required.

YOUR HEALTH MATTERS SERIES “UNDERSTAND & PREVENT CANCER”

Wednesday, Nov. 15, 11 a. m.

Join a speaker from MD Anderson Cancer Center, to better understand the risk factors and symptoms and how to reduce your risk. This is the last class of a four-part series. Class is limited. Registration required.

TASTE OF AFRICAN HERITAGE SERIES “GREENS”

Wednesday, Nov. 15, 1 p.m.

Join a volunteer nutritionist from Prairie View A&M University on this interesting “Taste of African Heritage” Series, to learn the wide range of flavors of greens. Registration is required.

CARING FOR YOURSELF AS A CAREGIVER

Thursday, Nov. 16, 1 p. m.

Join a volunteer speaker from Memorial Hermann Hospital to learn and manage the emotional, mental, and physical problems that can come with the task of looking after the well-being of a loved one. Registration is required.

FRIENDSGIVING POTLUCK

Monday, Nov. 20, 1 p.m.

Celebrate a time of giving and sharing with others who visit our center throughout the year. Staff would like to welcome any of our seniors who would like to take part in this cozy celebration in which you are welcome to bring one of your favorite dishes to share with all of those attending. There will be some soothing and relaxing music playing, as well as some jolly conversations. Registration is required.

UBER / LYFT

Monday, Nov. 21, 1 p.m.

Need to catch a ride? You don't need to hail a taxi anymore. Now you can pull out your smartphone, hire a driver, and join the rapidly expanding world of ridesharing. In this class, Michelle with Harris County Universal Services explains the top two competitors in this market. Registration is required.

CITIZEN SCIENCE

Thursday, Nov. 22, 10 a.m.

Join a Precinct 4 Park Naturalist as we explore and explain iNaturalist, a useful tool to catalog and help identify the organisms you find, and connect with like-minded nature folks. Registration required.

TASTE OF AFRICAN HERITAGE SERIES “WHOLE GRAINS”

Monday, Nov. 27, 1 p.m.

Join a volunteer nutritionist from Prairie View A&M University on this interesting “Taste of African Heritage” Series, to learn of some of the traditional African heritage meals that include grains and other starchy mashes paired with stews, spices, and vegetables. Registration is required.